



An Educational Course
on Today's Problems
of Food Rationing... Purchasing
...Nutrition...Meal Planning



The HOME VOLUNTEER

Wartime Food and Nutrition Program

When the Point Rationing Program was announced, the Secretary of Agriculture of the United States said:

"The way we manage our food supply will have a lot to do with how soon we win this war. Food is a weapon — a most powerful weapon.

"If we manage our supply well — if every one of us co-operates fully — we will not only have enough food to win the war, we will have enough to give every one of us here at home a healthful and well-balanced diet."

This food and nutrition program is presented in the interest of the American Homemaker, to help her do her part to bring Victory closer through a better understanding and management of her own individual "home front" problems.

What The Program Is



The Home Volunteer Wartime Food and Nutrition Program is a simple, nontechnical, 3-unit course especially developed by Servel, Inc., to help homemakers learn how to cope with today's problems of food shortages, rationing, purchasing, nutrition, and meal planning.

The style, language, and subject sequence, are such that the average woman may easily understand the subjects covered and be able to apply them without difficulty.

Developed in co-operation with outstanding authorities

The program was conceived and developed in co-operation with many outstanding food, rationing, and nutrition authorities who have had considerable practical experience in teaching these subjects.

Servel was fortunate in having the assistance, guidance and co-operation of the Office of Defense Health and Welfare Services, the Office of Price Administration and the Office of War Information, Washington, D.C.

All material was also carefully reviewed and checked by J. Ernestine Becker, B.S., M.A., Associate in Biochemistry, School of Hygiene and Public Health, Johns Hopkins University, Baltimore, Maryland, who is recognized as one of the country's leading nutritionists.

Miss Becker is serving as head of Servel's Nutrition Advisory Board, which position she has held since early in 1942.



Problems Met By The Program

Wartime food conditions are confusing homemakers! New problems arise daily. This program provides the answers to such questions as "How can I plan nutritious meals in the face of shortages?"; "How can I make my point allowance do?"; "What can I use instead of this or that food?"; "How should I budget my dollars and points?"; "What can I use to simplify my planning problem?"; "What can I do to get the most out of the foods I can get?" — and a host of other questions.

Why This Program Was Developed

In peacetime, Servel, Inc., manufactures the Servel Electrolux Gas- and Kerosene-Operated Refrigerators. Its plants are now completely converted to the production of war materials.



Since its normal peacetime activity directly concerns the preservation of food, Servel has, over a long period of years, accumulated a tremendous store of knowledge on nutrition, food handling, storage, and preparation. It was felt that this store of knowledge could be put to good practical use during this period when housewives were faced with these many new and perplexing food problems. The original Home Volunteer Program and this new expanded course are the result of this decision.

In many communities throughout the United States, where facilities are available, local gas companies have arranged to sponsor this activity. It became quickly apparent, however, that home economists, high school and college teachers of home economics, dietitians and others could also put this material to good, practical use in their occupations and in their teaching. Therefore, this special kit has been provided.

Adapting The Program To Class Teaching



If you wish to use this kit of materials for classroom teaching, for instruction of High School Victory Corps Organizations, etc., you may wish to supplement the booklets and Meeting Outlines with the Lecturer's Talks and perhaps the Lecturer's Charts. Those prepared for regular platform use are available on request at reasonable cost. However, since most teachers of food, nutrition, and home economics usually have large quantities of chart material available, it should be relatively simple to arrange your lectures, quizzes, discussion periods, etc., around the subject sequence in the Meeting Outlines.

You will note reference to the "Eat to Beat the Devil" Program in the Meeting Outline for Program Unit I. This is because in many instances the Home Volunteer Program is conducted as a part of Servel's "Nutrition in Industry" Program, a plan designed to help war plants educate their employees on the importance of "Eating for Fitness." Servel, Inc., hopes that you will find this kit of materials interesting and helpful in your activities.

THE HOMEMAKER'S WARTIME GUIDE
TO PLANNING NUTRITIOUS MEALS



WARTIME
MEAL
PLANNER

HERE'S YOUR

HOME VOLUNTEER'S GUIDE TO BETTER NUTRITION

*Planning your own
Nutritious Meals*

YOUR KIT OF MATERIALS

This pocket contains one each of the following pieces: Booklet I — "Eating for Fitness," Booklet II — "Planning Your Own Nutritious Meals," Booklet III — "Getting the Most Out of the Foods You Buy," the Home Volunteer Wartime Meal Planner Blank, Meeting Outlines for Program Unit I, Program Unit II, and Program Unit III. A Descriptive Sheet is included, illustrating and explaining the Lecturer's Charts, Lecturer's Talks, and the Nutrition Refresher Course Booklet. Prices for additional materials are also quoted.

Following is a brief explanation of the purpose of each Program Unit:

Program Unit I — "Eating for Fitness"

Program Unit I is designed to give homemakers an easily understandable, nontechnical explanation of what Nutrition is and how the problem of food planning has been simplified by the Government's Official Food Rules or the "Basic 7." Two complete sets of Tested Victory Menus are provided as a starter.

Program Unit II — "Planning Your Own Nutritious Meals"

Program Unit II, which also includes the Home Volunteer Meal Planner Blank, is designed to show homemakers how they may apply the "Basic 7" to the planning of their own nutritious meals. The use of food "alternates" and "equivalents," a simplified guide to rationing problems, shopping, food selection, etc., are covered.

Program Unit III — "Getting the Most Out of the Foods You Buy"

Program Unit III teaches Mrs. Housewife how to handle, store, preserve, and prepare foods to avoid waste through spoilage and to retain the greatest possible nutritive values of foods. Individual treatment is given each food grouping, such as dairy products, fruits, vegetables, meats, bread, etc.

SERVEL, Inc.

Peacetime Manufacturer of the Servel Gas Refrigerator
EVANSVILLE, INDIANA

THE HOMEMAKER'S WARTIME GUIDE
TO PLANNING NUTRITIOUS MEALS



**WARTIME
MEAL PLANNER
BLANK**

SHOPPER AND POINT BUDGETER

Distributed in the Interest of
Your Family's Health and the Government's
Wartime Food and Nutrition Program



HOW TO USE THE MEAL PLANNER BLANK

TODAY, because of food shortages and point rationing, it's more important than ever that meals be planned in advance. It's also important to the health of every member of the family that meals be planned to obtain greatest nutritional value. This Meal Planner Blank has been designed to help you easily solve these problems.

First look over this blank to understand the reference helps that have been included to simplify planning and shopping. On the inside at the top left are the U.S. Government Food Rules. All you need do is just make sure that foods from the "Basic Seven" pattern are included in each day's meals and you'll be eating the right foods.

At the top (inside) are the "reasons why you should eat these foods every day." Read this carefully if you want to know what each of the food groups contributes to the body.

The third reference inside this folder is the "Handy list of foods grouped according to the "Basic Seven." This list makes it easy to select "alternate" and "equivalent" foods that may be used instead of those difficult to obtain.

The lower section of the inside contains blank spaces to write in a full week's menus, including breakfast, lunch, dinner, and lunch box. If no lunch box is needed, use space for other notes.

PLANNING NUTRITIOUS MEALS

The Government Food Rules or "Basic Seven" serves as the pattern for planning each day's meals. The chart to the extreme right of this page shows how a typical daily menu has been planned according to the "rules."

The foods bracketed in the last column are the same as those listed under the "Breakfast," "Lunch," and "Dinner" menus. They merely have been rearranged to show that foods from each of the Government Food Rules groups have been included in at least one of the day's meals.

To plan your own meals here's what you do:

- Write down in the blank spaces (on the inside) your menus for each meal for the entire week. For variety refer to the "Handy List of Foods."
- Check your menus with the Government Food Rules to make sure the meals for each day include the "Basic Seven."
- If a food from one of the groups hasn't been included in the meals for the same day, rearrange or change the menu and add a food from the missing group.

USING THE SHOPPING LIST

The shopping list on the back of the blank provides spaces for filling in the foods to be purchased, quantities needed, the "point value" of foods rationed, and the prices. Here's how to use this list:

- List in the second column the "Items" needed.
- Combine quantities needed of identical foods and list in "Amount" column.
- If you must use a point rationed food, determine the weight needed. Write it in "Weight" column. Check net weights to make sure you obtain full value for points spent. Familiarize yourself with net weights of standard containers.
- List in the "Total Points" column the current point values specified on the Official Table of Point Values.
- Check all rationed food groups (processed foods, meats, etc.) to avoid exceeding weekly budgeted allowances.
- Fill in "Cost" column.

At the end of the shopping list is a convenient section to budget your points for each group of rationed foods. Based on your family's allowance, fill in the number of points you can "spend" for First Week, Second Week, etc. This record will help you "spread" your point "expenditures" for each ration period.

Typical Daily Menus Planned According to

BREAKFAST

Half Grapefruit
Soft Cooked Eggs
Toasted Enriched
White Bread
Butter or
Fortified Margarine
Cocoa Made With
Milk

LUNCH

Cream of Tomato Soup
Crackers
Carrot Sticks
Apple Pie
Milk

DINNER








Beef Liver
and Fried Onions
Browned Potatoes
String Beans
Whole Wheat Bread
Butter or
Fortified Margarine
Cookies
Sliced Oranges
Coffee

— NOTE —

Foods and meals "carried" or "eaten out" should be considered in planning the full day's meals.

GOVERNMENT FOOD RULES

Showing How Food Groups Are Included

1	GREEN AND YELLOW VEGETABLES . . .  some raw — some cooked, frozen or canned	{ Carrot Sticks String Beans
2	ORANGES, TOMATOES, GRAPEFRUIT . . .  or raw cabbage or salad greens	{ Half Grapefruit Sliced Oranges Cream of Tomato Soup
3	POTATOES AND OTHER VEGETABLES AND FRUITS  raw, dried, cooked, frozen or canned	{ Fried Onions Browned Potatoes Apples (in pie)
4	MILK AND MILK PRODUCTS  fluid, evaporated, dried milk or cheese	{ Milk Cream of Tomato Soup Cocoa Made With Milk
5	MEAT, POULTRY, FISH, OR EGGS  or dried beans, peas, nuts or peanut butter	{ Beef Liver Soft Cooked Eggs
6	BREAD, FLOUR, AND CEREALS  natural whole grain—or enriched or restored	{ Toasted Enriched White Bread Whole Wheat Bread
7	BUTTER AND FORTIFIED MARGARINE (with Vitamin A added) 	{ Butter or Fortified Margarine on Toast and Whole Wheat Bread

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THE GOVERNMENT FOOD RULES

... The "Basic Seven" ...

For Health...eat some food from each group...every day!



**IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT**

Perhaps you are one of those who isn't sure whether you are eating enough of the right foods. If you follow the Government Food Rules every day, if you are feeling well and if your weight is within the normal range, there is little likelihood of your suffering from malnutrition.

Here are the reasons why you should eat these foods every day!

(Numbers preceding Food Groups below refer to numbers shown on Government Food Chart)

① GREEN AND YELLOW VEGETABLES

② ORANGES, TOMATOES, GRAPEFRUIT

③ POTATOES AND OTHER VEGETABLES AND FRUITS

BECAUSE THEY GIVE —
Calcium for bones and teeth. **Iron** for healthy blood. Other necessary **minerals**. **Sugar** and starch for energy to work and play. **Vitamins** for health and vigor.

④ MILK AND MILK PRODUCTS

BECAUSE THEY GIVE —
Calcium for bones and teeth. **Protein** for growth, muscle and repair of the body. **Sugar** for energy to work and play. **Vitamins** for health and vigor.

⑤ MEAT, POULTRY, FISH, OR EGGS

BECAUSE THEY GIVE —
Protein for growth, muscle and repair of the body. **Iron** for healthy blood. **Vitamins** for health and vigor.

⑥ BREAD, FLOUR, AND CEREALS

BECAUSE THEY GIVE —
Iron for healthy blood. **Starch** for energy to work and play. **Protein** for growth, muscle and repair of the body. **Vitamins** for health and vigor.

⑦ BUTTER AND FORTIFIED MARGARINE

BECAUSE THEY GIVE —
Fat for energy to work and play. **Vitamins** for health and vigor.

A handy list of foods to help make your selections Grouped According to the "Basic Seven"

① GREEN AND YELLOW VEGETABLES*

GREEN

Artichokes (French)
Asparagus
Beans
green
lima
Broccoli
Brussels Sprouts
Cabbage
Chard
Chinese Cabbage
Collards
Greens
beet
dandelion
mustard
turnip
kale
Onions, green
Okra
Parsley
Peas
Peppers, green
Spinach

YELLOW

Beans, yellow
Carrots
Corn
Pumpkin
Rutabaga
Squash
Turnip
Sweet Potatoes

② ORANGES, TOMATOES, GRAPEFRUIT*

Oranges
Tomatoes
Grapefruit
Lemons
Limes
Tangerines
Cabbage, raw
Salad greens
celery
chicory
endive
escarole
kale
lettuce
romaine
spinach
watercress

③ POTATOES AND OTHER VEGETABLES AND FRUITS*

VEGETABLES

Beets
Cauliflower
Corn, white
Eggplant
Garlic
Leek
Mushrooms
Onions
Parsnips
Potatoes
Radishes
Turnips (white)

FRUITS

Apples
Apricots
Avocados
Bananas
Berries
Blackberries
Blueberries
Cranberries
Raspberries
Strawberries
(and others)
Cherries
Currants
Dates
Figs
Grapes
Melons
(Summer-Winter)
Nectarines
Olives
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranate
Prunes
Quince
Raisins
Rhubarb

④ MILK AND MILK PRODUCTS

Fresh Milk
Buttermilk
Evaporated Milk
(1 cup = 1 cup fresh milk)

Ice Cream
(1 generous serving = ½ cup of fresh milk)
American Cheddar
(¼ lb. = approx. 1 pt. milk)

⑤ MEAT, POULTRY FISH + OR EGGS

MEAT (all cuts)

Beef
Lamb
Pork
Veal
Luncheon Meats

GLANDULAR AND OTHER MEATS

Brains
Heart
Kidney
Livers
Oxtails
Pig's feet
Scrapple
Spleen
Sweet Breads
Tongue
Tripe

POULTRY

Chicken, broiler, fryer, roaster, pullet, and fowl
Duck
Goose
Guinea Fowls

Pigeons or Squabs
Turkey

FISH

Clams
Codfish (salt)
Crabs
Frog Legs
Haddock
Halibut
Herring
Lobster
Mackerel (salt)
Oyster
Perch
Salmon
Sardine
Shrimp
Tuna fish
Turtle
(and all other fish)

EGGS

(Also may be used as main dish instead of meat)

MEAT EQUIVALENTS (If used with Milk or Cheese)

Dried Beans
Kidney
Lima
Navy
Pinto (and others)
Dried Peas
Lentils
Nuts
Peanut butter
Soybeans

⑥ BREAD, FLOUR, AND CEREALS BREAD

Bran
"Enriched" white
Oatmeal
Rye
Whole wheat

CEREALS

(whole grain or enriched)
Cooked
Cornmeal
Farina
Hominy grits
Rolled Oats
Rice
Ready-to-Eat

Bran
Corn flakes
Rice flakes
Shredded wheat
Wheat cakes, etc.

PASTES

Macaroni
Noodles
Spaghetti

CRACKERS

⑦ BUTTER AND FORTIFIED MARGARINE

Butter
Margarine
fortified with Vitamin A

*May be fresh, canned, frozen or dried, and may be served either raw or cooked.

†May be fresh, canned, salted, or smoked.

... PLAN YOUR MEALS FOR THE WEEK IN THE BLANK SPACES BELOW ...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
LUNCH BOX							

HERE'S YOUR

WARTIME MEAL PLANNER

IT WILL REALLY

SAVE TIME
TIRES
GASOLINE

- give you BETTER MEALS
- and help your grocer
give you BETTER SERVICE

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MRS C WESTERBERG
212 HARRISON AVE
ASTORIA ORE

Here's help for you — and help for your country, too. It's the

Del Monte "BUY-FOR-A-WEEK" plan

Read how it ties in with the government's nutrition program — why it helps your grocer give you better service. See how easily you can plan better meals when you use the special menu form inside.

Of course you want to serve the foods your family should have!

Of course you want to save tires! Of course you want to save gasoline!

You want to do all the things our government asks us to do these critical times.

And with the least lost motion and effort, too.

That's why the Del Monte "Buy-for-a-Week" plan offers so much practical, all-round help—for you, for your grocer, for your country.

All you do is plan out in advance the foods you will need for a week—then buy as many of them as you can in one grocery order. Not just canned foods—but other groceries, too.

Every useless trip to the store you *don't* make saves time and waste. It saves extra deliveries and work for your grocer. It's a cooperative, helpful idea that multiplied by millions could well make a difference in our total war effort.

See how easy it is for you—and how many ways Del Monte can help you:

1. Plan your meals for a week in advance. This simple, handy wartime meal planner has been worked out just to help you. And if you use the special menu form shown inside, you'll soon discover that you aren't spending much more time planning meals for a *week*, than you used to spend every *day*.

What's more, by planning all your week's menus at a time, you can make doubly sure that your family is getting the proper balance of all the foods it needs every day.

Just remember this—no matter where you live, you can provide an important part of your daily fruit and vegetable requirements right under the Del Monte label.

With the wide assortment of foods Del Monte offers, you can serve a different Del Monte Vegetable, a different Del Monte Fruit, every day in the week. And never repeat once!

2. Make one shopping trip do the work of several. Also shop early in the week if you can—and during the less-busy shopping hours.

This is especially important now. Your grocer wants to give you the best possible service. But he has his own wartime problems. He's faced with a real shortage of help. If he delivers, he probably can't do it as often as in the past. So it's a big help to him when you buy as many of your week's groceries as you can, at one time.

Look for his Del Monte "Buy-for-a-Week" fruit and vegetable assortments. Also for his "Buy-for-a-Week" assortment of other foods.

3. By all means keep in mind the importance of variety. You simply can't afford to let meals

get dull, no matter how healthful they are. And they won't, with the help of this meal planner. Here's why:

Just above the menu form shown inside, you'll find a long list of foods. Whenever you're stumped by the old riddle "what to serve," see how quickly this list answers your question—to suit both your family taste and budget.

As you look over the list, you'll be sure to notice what a satisfying variety of fruits and vegetables Del Monte packs. And here's one of the nicest things about this familiar label: you can buy *any one* of Del Monte's foods, without the slightest question of quality. Isn't that a grand assurance, when you're trying to make every wartime penny do full duty?

4. Learn to interchange one Del Monte variety with another. At times, you may not find just the Del Monte Fruit or Vegetable you're looking for. More and more Del Monte Foods are going to feed the men in the service. But you will find there are still many Del Monte Foods—so don't let anything stop you from enjoying Del Monte Quality.

If you can't find just the particular Del Monte Fruit or Vegetable you want, take some other Del Monte Fruit or Vegetable your grocer has in its place. Learn to "switch and swap" within each food group. The more Del Monte Foods you get to know, the brighter and better your meals will be.

OPEN HERE — and see how easy it is to use this Wartime Meal Planner

1st Below are the 8 classes of food your family should have every day

U.S. NEEDS US STRONG



EAT NUTRITIONAL FOOD

Every day, eat this way

MILK and MILK PRODUCTS...
...at least a pint for everyone—more for children or cheese or evaporated or dried milk.

ORANGES, TOMATOES, GRAPEFRUIT
...one big helping or more—some raw, some cooked.

GREEN or YELLOW VEGETABLES
...one big helping or more—some raw, some cooked.

OTHER VEGETABLES, FRUIT
...potatoes, other vegetables or fruits in season.

BREAD and CEREAL
...whole grain products enriched with bread and flour.

MEAT, POULTRY or FISH
...dried beans, peas or nuts occasionally.

EGGS
...at least 3 or 4 a week, cooked any way you choose—or in "made" dishes.

BUTTER and OTHER SPREADS
...vitamin-rich fats, peanut butter, and similar spreads.

Then eat other foods you also like

OFFICE OF DEFENSE HEALTH AND WELFARE SERVICES
PAUL V. McNUTT, DIRECTOR, WASHINGTON, D. C.
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2nd Here's a handy check list to help you make your selections easily

It shows the variety of products more generally available under each of the 8 classes of food recommended for daily use. Keep it before you when planning your week's meals.

MILK and MILK PRODUCTS

Fresh milk
Buttermilk
Cheese, American Cheddar
Cheese, Swiss (1 qt. fresh milk)
Cheese, cottage
Evaporated milk (1 cup equals 1 pt. fresh milk)
Condensed milk (1 cup equals 1 pt. fresh milk)
Ice cream (3½ cups equals 1 pt. fresh milk)

ORANGES, TOMATOES, GRAPEFRUIT

Oranges
Tomatoes (Del Monte)
Tomato Juice (Del Monte)
Grapefruit (Del Monte)
Grapefruit Juice (Del Monte)
Cabbage, raw
Salad greens—chicory, endive, escarole, lettuce, romaine, watercress
Lettuce
Limes

GREEN and YELLOW VEGETABLES

(Raw, canned, frozen, or dried)
Artichokes
Asparagus, green (Del Monte)
Beans, green (Del Monte)
Beans, green lima (Del Monte)
Beans, wax
Broccoli
Brussels Sprouts
Cabbage
Carrots (Del Monte)
Cauliflower

GREEN and YELLOW VEGETABLES—(Con.)

Celery
Chard
Chinese cabbage
Cilantro
Corn, yellow (Del Monte)
Cucumbers
Greens—beet, dandelion, mustard, turnip
Kale
Kohlrabi
Green onions
Okra
Parsley
Peas (Del Monte)
Peppers, green and red
Pumpkin (Del Monte)
Rutabagas
Spinach (Del Monte)
Squash, summer
Squash, winter
Sweet potatoes

OTHER VEGETABLES AND FRUITS

(Raw, canned, frozen, or dried)
Apparagus (Del Monte)
Beets (Del Monte)
Celery root
Corn, white (Del Monte)
Eggplant
Honey
Mushrooms
Onions
Parsnips
Potatoes
Radishes
Salsify
Sauerkraut
Succotash
Turnips

OTHER VEGETABLES AND FRUITS—(Con.)

Apples
Apricots (Del Monte)
Avocado
Bananas
Blackberries
Blueberries
Boyenhberries (Del Monte)
Cherries (Del Monte)
Cranberries
Currants
Dates
Figs (Del Monte)
Fruit cocktail (Del Monte)
Fruits for salad (Del Monte)
Gooseberries
Grapes
Huckleberries
Loganberries
Melons
Neutrina
Peaches (Del Monte)
Pears (Del Monte)
Persimmons
Pineapple (Del Monte)
Pineapple juice (Del Monte)
Plums (Del Monte)
Prunes (Del Monte)
Quinces
Raisins (Del Monte)
Raspberries (Del Monte)
Rhubarb
Strawberries

BREAD and CEREALS

Bread
Bran
Enriched white
Graham
Potato
Raisin
Rye
Wholewheat
Cured or Cooked Meats

BREAD and CEREALS—(Con.)

Cooked Cereals (whole grain or restored)
Cornmeal
Farina
Hominy grits
Oatmeal
Rice
Ready-to-Eat Cereals (whole grain or restored)
Bran; Bran flakes
Corn flakes
Rice flakes
Shredded wheat
Wheat flakes, etc.
Pastes
Macaroni
Noodles
Spaghetti
Crawlers
Flour
Biscuit Mix
Cake flour
Enriched white
Rye
Wholewheat or graham
Wheat germ

MEAT, POULTRY, or FISH

Beef, Lamb, Pork, Veal
Brains
Chops
Cutlets
Ground
Heart
Kidney
Liver (once a week)
Pot roast
Roast
Steak
Stew
Tongue
Cured or Cooked Meats

MEAT, POULTRY, or FISH—(Con.)

Canned spiced meats
Corned beef or pork
Dried beef
Ham or shoulder
Hash
Lancashire meats
Sausage
Wiener
Chicken (broiling, fricasse, frying, roasting)
Turkey
Fish and Seafood (fresh, canned, smoked or salted)
Clams
Coddfish
Crab
Finnan haddock
Herring
Mackerel
Oysters
Salmon (Del Monte)
Sardines (Del Monte)
Tuna
Beans
Kidney or red
Lima
Navy
Soy
Lentils
Peas (split)
Peanuts
Nuts (walnuts, almonds, filberts, pecans, etc.)

EGGS

For table use
For cooking

BUTTER and OTHER SPREADS

Butter
Oleomargarine fortified with Vitamin A
Peanut butter

NOTE: The name Del Monte appearing above in parentheses indicates that the foods so designated are among those packed under the Del Monte label.

3rd And here is the convenient meal-planning form for writing out your menus when you follow the labor, gas, and tire saving "Buy-for-a-Week" plan

DIRECTIONS FOR USE: The menus written below are just a sample of how you can write out your own menus. To use this form, cut a piece of plain paper to fit the space below. Clip this sheet in place. Rule lines as shown and write in your own menu. (Or use larger piece of paper but follow same form.) With government chart at left above as a guide, select foods in each of the 8 needed classifications from list above. Then write out your marketing list, and buy as many of these foods as you can at one time.

BREAKFAST

LUNCH

DINNER

TUE	WED	THUR	FRI	SAT	SUN	MON
Grapefruit Scrambled Eggs Bacon Buttered Toast milk Coffee	Tomato Juice Oatmeal with Top Milk Buttered Toast Jam Milk Coffee	Orange Juice French Toast Honey milk Coffee	Prunes Rice Flakes with Top Milk Buttered Toast Marmalade milk Coffee	Pineapple Juice Shredded Wheat with Top Milk Buttered Toast Jam milk Coffee	Tomato Juice Waffles Bacon Symp-Butter milk Coffee	Cooked Dried Apricots Cooked Wheat Cereal Buttered Toast milk Coffee
Fruit Salad Cinnamon Toast (or Toasted dinner sandwiches) milk	Cream of Potato & Onion Soup Crackers Raw Carrot Sticks Canned Plums Cookies	Pear and Cottage Cheese Salad Toasted Corn Bread Butter Cocoa	Cream of Corn Soup Peanut Butter & Relish Sandwiches Raw Apples	Baked Macaroni & Cheese Wholewheat Bread Butter Sweet Pickles Oranges	Kidney Bean Salad Bread-Butter milk Fruit	Vegetable Chowder Whole Wheat Crackers Canned Raspberries Cookies milk
Kidney Beans Mashed Potatoes Sautéed Tomatoes Green Lima Beans Lettuce Salad Bread & Butter Lingonberry milk Coffee	Baked Shoulder Pork Chops & Milk Gravy Baked Squash Buttered Cauliflower Corn Bread-Butter Green Bean Salad Baked Apples with Nutmeg, milk Coffee	Baked Potatoes Creamed Chipped Beef Parsley-Buttered Carrots Mixed Vegetable Salad Rye Bread-Butter Lemon Pie Coffee	Shrimps in Tomato Sauce on Baked Rice Buttered Green Beans Bread & Butter Grapefruit & Shaved Cheese Salad Blackberry Cobbler milk Tea	Broiled Hamburgers Creamed Potatoes Buttered Pears & Celery Cabbage Slaw Bread & Butter Canned Peaches Drop Cookies Coffee	Fruit Cocktail Crackers Roast Leg of Lamb Brown Gravy Browned Potatoes Buttered Peas Bran Balls Butter - jelly mashed Vegetable Salad Pumpkin Pie Coffee	Meat Pie with Sweet Potato Crust Buttered Spinach Warm Dried Rolls Butter Celery - Pickles Sliced Oranges with Custard Sauce milk

MENU PLANNING HINTS

to make your "Buy-for-a-Week" plan even more effective —

Once you try buying as many foods as you can for a week, you'll be delighted with the time and trouble it saves you. And if you're doubly careful to choose foods wisely, and arrange them skillfully in your menus—you'll be able to cut down even more on your shopping trips.

Here are some points worth remembering:

When deciding what fruits and vegetables to serve—and when to serve them—plan to use the more perishable of them the first or second day after buying. Perishable vegetables keep better if you wash them quickly and store them closely covered in your refrigerator. Root vegetables keep well and can be stored in a cool place for service later in the week. Store dried fruits on pantry shelf before cooking, in refrigerator after cooking.

Del Monte Fruits and Vegetables are particularly helpful in any menu planning, as you can serve them early or late in the week. Just as a precaution against unexpected guests or a sudden change of mind, it is wise to keep several extra cans on hand. (To retain maximum food values in heating canned vegetables, drain the liquid into a shallow sauce pan, boil down to about one-third, add vegetables, heat quickly, season and serve.)

When arranging for your salads—remember tomatoes, cabbage, carrots, celery, onions, radishes and some fruits are better keepers than leafy greens.

When deciding what meats you will serve—and when—plan to use ground meat, steaks, chops and other cut fresh meat first. Roasts or other meats in large pieces can come next, since they will keep three or four days if kept very cold. Left-

over cooked meat keeps well, but to save vitamins it is better to serve it sliced cold rather than reheated. Save cured, smoked, dried or canned meats to use after fresh cuts have been eaten—and plan to use cheese dishes, baked beans, split pea soup or puree, nut loaves and the like later in your menu week, too.

Fresh milk is an important part of every family's diet. How much you can buy at one time depends on the size of your family and the size of your refrigerator. Evaporated milk may be used for cooking. And you can use cheese to supply the mineral and protein values of milk. Wrap cheese in waxed paper and store in refrigerator.

You can freshen bread by heating in the oven in its waxed paper wrapping. Stale bread may be used for French toast, scalloped dishes, puddings. Biscuits, waffles, popovers, muffins, cornbread, nut-bread, rolls—all may be baked in your own kitchen for menu variety. Use enriched or whole grain flour.

You can safely buy a week's supply of eggs at a time, since they keep well in the refrigerator.

The same is true of butter and other spreads. A week's supply will stay fresh in your refrigerator. Store peanut butter on your pantry shelf.

HOME VOLUNTEER'S GUIDE TO BETTER NUTRITION

Planning your own Nutritious Meals

Home
Volunteer



PLANNING FOR
NUTRITION

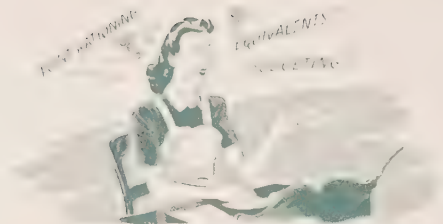
"HOME" MEALS
LUNCH BOXES

RATIONING
PROBLEMS

WISE FOOD
PURCHASING

NUMBER
II

DISTRIBUTED IN THE INTEREST OF THE GOVERNMENT'S
WARTIME FOOD AND NUTRITION PROGRAM



THE HOME VOLUNTEER'S GUIDE TO BETTER NUTRITION

This booklet — "PLANNING YOUR OWN NUTRITIOUS MEALS" is No. II of a series of **three guides to better nutrition.**

It shows how to plan meals using the Home Volunteer Meal Planner Blank. The problems of variety in foods, home meals, lunch boxes, use of food "alternates" and "equivalents," food selection and purchasing and budgeting "points" are covered.

Booklet I — "EATING FOR FITNESS" explains in simple, nontechnical language what nutrition is, how it may be applied, using the U.S. Government Food Rules or "Basic Seven" as a basis, and provides tested, balanced "Victory Menus" as a starter.

Booklet III — "GETTING THE MOST OUT OF THE FOODS YOU BUY" — describes the simple steps that may be taken both to avoid food losses caused by spoilage and losses of nutritive values. The "Do's and Don'ts" of food handling, storage, preservation and preparation are covered for all food groups in the "Basic Seven."

A study of the contents of these three booklets should place any homemaker in a position to apply the principles of sound nutrition easily to the planning and preparation of meals for her family.

GOOD MANAGEMENT AND PLANNING

. . . The Big "Home Front" Job

In January 1943, when point rationing was officially announced to the nation, the Secretary of Agriculture of the United States, said:

"The way we manage our food supply will have a lot to do with how soon we win this war. Food is a weapon — a most powerful weapon. And the food we consume here at home is just as much a material of war as the food we send abroad to our soldiers and fighting allies.

"The American people are fortunate as regards food. Our food production resources are the greatest in the world. If we manage our supply well — if every one of us co-operates fully, we will not only have enough food to win the war; we will have enough to give every one of us here at home a healthful and well-balanced diet."

Notwithstanding shortages and rationing, just a little more careful planning and a bit more time and thought will make it possible to serve meals to your family that are completely palatable, satisfying, and nutritious.

Food Management is the big "home front" job for you and every other homemaker in America!

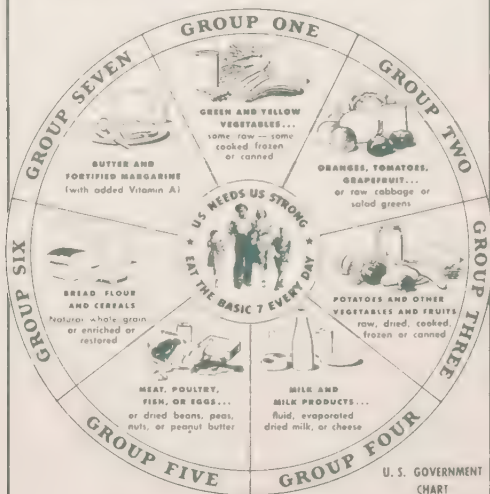


HERE IS YOUR DAILY PATTERN

The Official Government Food Rules . .

Reproduced below are the Official Government Food Rules — the "Basic Seven" pattern — which have been developed by Uncle Sam with the aid of outstanding nutrition authorities. The foods represented by these seven groups are the ones which every man, woman, and child — office worker, war worker, and homemaker should eat EVERY DAY in order to keep fit. Study them well, for they are the "theme song" of this booklet. They are the "corner stones" upon which everything in your planning program is built.

*For Health...eat some food
from each group...every day!*



*IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT*

**NOW YOU ARE READY TO LEARN
--THE "BASIC SEVEN"--IN PLANNING**

FOR PLANNING ALL MEALS

The "Basic Seven" Guide to Nutrition.

"Why," you may ask, "do Uncle Sam and his nutrition authorities select these particular foods?" You are not asked to accept the "Basic Seven" on blind faith just because your Government offers these rules. Each group and the foods it includes was selected because of the very essential food values it contributes to the body. Here is a specially prepared explanation of the "why" of each group prepared by Miss J. Ernestine Becker, B.S., M.A., Associate in Biochemistry, School of Hygiene and Public Health, Johns Hopkins University, Baltimore, Maryland.

Here are the Reasons Why You Should Eat These Foods Every Day.

THE GROUP BECAUSE THEY GIVE

① GREEN AND YELLOW
VEGETABLES

② ORANGES, TOMA-
TOES, GRAPEFRUIT

③ POTATOES AND
OTHER VEGETABLES
AND FRUITS

BECAUSE THEY GIVE —

CALCIUM for bones and teeth.
IRON for healthy blood. Other
necessary MINERALS. SUGAR
and starch for energy to work
and play. VITAMINS for health
and vigor.

④ MILK AND
MILK PRODUCTS

BECAUSE THEY GIVE —

CALCIUM for bones and teeth.
PROTEIN for growth, muscle
and repair of the body.
SUGAR for energy to work and
play. VITAMINS for health and
vigor.

⑤ MEAT, POULTRY,
FISH, OR EGGS

BECAUSE THEY GIVE —

PROTEIN for growth, muscle
and repair of the body. IRON
for healthy blood. VITAMINS
for health and vigor.

⑥ BREAD, FLOUR
AND CEREALS

BECAUSE THEY GIVE —

IRON for healthy blood.
STARCH for energy to work
and play. PROTEIN for growth,
muscle and repair of the body.
VITAMINS for health and vigor.

⑦ BUTTER AND
FORTIFIED
MARGARINE

BECAUSE THEY GIVE —

FAT for energy to work and
play. VITAMINS for health and
vigor.

HOW TO USE THIS DAILY PATTERN YOUR OWN NUTRITIOUS MEALS

THE HOME VOLUNTEER

— Helps You Fit the "Basic

Now that you understand the Government Food Rules or "Basic Seven" and the reasons why these foods should be eaten every day, the next step is to learn **how** to fit these food groups into the home meals.

Because of food shortages, rationing, and lack of adequate delivery and transportation facilities, it is important that you plan your meals in advance. Such planning will also simplify your problem of determining quantities needed and budgeting your dollars and "points" for rationed foods.

To make this important job easier, a supplement to this booklet has been made available. It is the Home Volunteer Meal Planner Blank. This form is your "work sheet" for planning your own nutritious meals according to the Government Food Rules AND your "budget sheet" for keeping tabs on your dollar and "point" expenditures.

Later in this booklet the subject of shopping and the problem of "stretching your ration" will be covered. First, let us see how the Home Volunteer Meal Planner Blank may be used to help plan your meals.

Examine The Meal Planner Blank

THE GOVERNMENT'S MEAL PLANNING GUIDE
FOOD PLANNING AND BUDGETING GUIDE

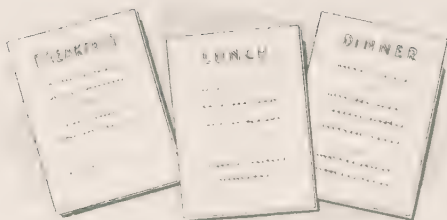


WARTIME
MEAL PLANNER
BLANK

MINISTER OF FOOD AND CIVIL DEFENSE



Look over your copy of the Meal Planner Blank so you will completely understand the various reference helps, that have been included to simplify your job of planning. After you understand them you'll agree that planning meals the Meal Planner Way is really fun.



HOW TO PLAN A TYPICAL DAILY MENU

Pages 10 and 11 show a "Typical Daily Menu Planned According to the Government Food Rules." The chart shows how foods from the "Basic Seven" have been included and in which meal the food was served. An understanding of this chart should eliminate any confusion regarding the manner in which the "Basic Seven" is to be followed.

Look over the first column, the "Typical Daily Menu." It seems like any average Breakfast, Lunch, and Dinner Menu. It is! Except that it has been planned with a keen eye to Uncle Sam's "yardstick" for good nutrition. Let's check the menus to see how they conform to the Government Food Rules. Our checking is done with the second, third, and fourth columns of the chart.

The foods listed in the third column (in brackets) are exactly the same foods as those listed in the "Breakfast," "Lunch," and "Dinner" Menus in the first column. In checking the menus "against" the Government Food Rules, it was only necessary to make sure that the menus included a food from **each** of the Government Food Groups.

The fourth column merely shows in which meal the foods listed were served.

This "checking" procedure is identical for each day and regardless of whether one or more of the meals is "eaten out."

PLANNING YOUR OWN MEALS

Using the Meal Planner Blank

To plan and check your own nutritionally balanced meals using the Home Volunteer Meal Planner Blank, here are the three simple A - B - C steps:

- A. Write in the blank spaces your menus for each meal for the entire week.**

As you do this, refer to the "Handy List of Foods."* This list should be helpful in obtaining good variety from meal to meal and from day to day.

- B. Check your Menus with the Government Food Rules.**

Make sure the meals for each day include the "Basic Seven." As you make selections from the "Handy List of Foods,"* remember that planning for nutrition means that a food from each group **must be included** in one of the day's meals. Since the "Handy List of Foods" is already grouped according to the "Basic Seven" this should not be difficult.

- C. If a food from one of the groups hasn't been included in the meals for the same day, add a food from the missing group.**

After you have checked the Breakfast, Lunch, and Dinner Menus for each day with the Government Food Rules and if you find that a food has not been included for one of the groups, go over your menus again to see where a food from the missing group may be added. You may find that you have included more foods from one group than are "required." If you have done this you can remove one of the "extras" and add a food from the missing group.

*The "Handy List of Foods" which appears in the Home Volunteer Meal Planner Blank is more completely explained on Page 12 of this booklet under the title "Choosing Foods To Get Variety Into Meals."

CHART SHOWING A TYPICAL PLANNED AND CHECKED

Typical Daily Menus
Planned According to

GOVERNMENT FOOD RULES

BREAKFAST

Half Grapefruit
Soft Cooked Eggs
Toasted Enriched
White Bread
Butter or
Fortified Margarine
Cocoa Made With
Milk

LUNCH








Cream of Tomato Soup
Crackers
Carrot Sticks
Apple Pie
Milk

DINNER

Beef Liver
and Fried Onions
Browned Potatoes
String Beans
Whole Wheat Bread
Butter or
Fortified Margarine
Cookies
Sliced Oranges
Coffee

— NOTE —

Foods and meals
"carried" or "eaten
out" should be con-
sidered in planning
the full day's meals.

1	GREEN AND YELLOW VEGETABLES . . .  some raw — some cooked, frozen or canned
2	ORANGES, TOMATOES, GRAPEFRUIT . . .  or raw cabbage or salad greens
3	POTATOES AND OTHER VEGETABLES AND FRUITS  raw, dried, cooked, frozen or canned
4	MILK AND MILK PRODUCTS  fluid, evapor- ated, dried milk or cheese
5	MEAT, POULTRY, FISH, OR EGGS  or dried beans, peas, nuts or peanut butter
6	BREAD, FLOUR, AND CEREALS  natural whole grain—or en- riched or re- stored
7	BUTTER AND FORTIFIED MARGARINE  (with added Vitamin A)

DAILY MENU THAT HAS BEEN WITH THE "BASIC SEVEN"

Showing How Food Groups Are Included	And Meal in Which Food is Served
{ Carrot Sticks - - - - -	Lunch
{ String Beans - - - - -	Dinner
{ Half Grapefruit - - - - -	Breakfast
{ Sliced Oranges - - - - -	Dinner
{ Cream of Tomato Soup - - -	Lunch
{ Fried Onions - - - - -	Dinner
{ Browned Potatoes - - - - -	Dinner
{ Apples (in pie) - - - - -	Lunch
{ Milk - - - - -	Lunch
{ Cream of Tomato Soup - - -	Lunch
{ Cocoa Made With Milk - - -	Breakfast
{ Beef Liver - - - - -	Dinner
{ Soft Cooked Eggs - - - - -	Breakfast
{ Toasted Enriched White Bread - - - - -	Breakfast
{ Whole Wheat Bread - - - - -	Dinner
{ Butter or Fortified Margarine on Toast - - - - - on Whole Wheat Bread - - -	Breakfast Dinner



CHOOSING FOODS TO GET VARIETY INTO MEALS

In each of the groups included in the "Daily Seven" is a variety of foods to choose from to help you plan your daily meals.

Because of food shortages and rationing, it is important for you to be familiar with these foods. Furthermore, it is desirable to know which foods may be used in place of those that may be difficult to obtain.

Foods which are difficult to obtain invariably may be replaced by others having the same food value. These are referred to as "alternates" and "equivalents."

The following list of alternates and equivalents is given to help you to get variety in your meal-planning, to take care of the likes and dislikes of each member of your family and to help you on the road to good nutrition.

NUTRITION GROUP ONE

GREEN AND YELLOW VEGETABLES* . . .



Some raw, some cooked,
frozen, or canned

This group includes these foods:

GREEN VEGETABLES

Artichokes (French)	Cabbage	Turnip
Asparagus	Chard	Kale
Beans	Chinese Cabbage	Onions, green
Green	Collards	Okra
Lima	Greens	Parsley
Broccoli	Beet	Peas
Brussels Sprouts	Dandelion	Peppers, green
	Mustard	Spinach

*May be fresh, canned, frozen, or dried and may be served either raw or cooked.

(Nutrition Group One—Continued)

YELLOW VEGETABLES

Beans, yellow
Carrots
Corn

Pumpkin
Rutabaga
Squash

Sweet Potatoes
Turnips

Green and yellow vegetables are grouped together because they are especially rich in vitamin A.

NUTRITION GROUP TWO

ORANGES, TOMATOES, GRAPEFRUIT* . . .



or raw cabbage or
salad greens

This group includes these foods:

Oranges
Tomatoes
Grapefruit
Lemons
Limes
Tangerines

Cabbage, raw
Salad Greens
Celery
cabbage
Chicory
Endive

Escarole
Kale
Lettuce
Romaine
Spinach
Watercress

Citrus fruits, tomatoes, raw cabbage, and salad greens are grouped together because they all are especially rich in vitamin C (ascorbic acid). If citrus fruits are scarce choose raw cabbage or one of the many salad greens listed.

NUTRITION GROUP THREE

POTATOES AND OTHER VEGETABLES AND FRUITS* . . .



raw, dried, cooked,
frozen, or canned

This group includes these foods:

VEGETABLES

Beets
Cauliflower
Corn, white
Eggplant

Garlic
Leek
Mushrooms
Onions

Parsnips
Potatoes
Radishes
Turnips (white)

*May be fresh, canned, frozen, or dried and may be served either raw or cooked.

(Nutrition Group Three—Continued)

FRUITS

Apples	Cherries	Pears
Apricots	Currants	Persimmons
Avocados	Dates	Pineapple
Bananas	Figs	Plums
Berries	Grapes	Pomegranate
Blackberries	Melons	Prunes
Blueberries	(Summer-	Quince
Cranberries	Winter)	Raisins
Raspberries	Nectarines	Rhubarb
Strawberries	Olives	
(and others)	Peaches	

These vegetables and fruits are listed together because they make similar contributions to the diet. They are especially valuable for vitamins and minerals other than those contributed by the foods listed in Nutrition Groups 1 and 2.

NUTRITION GROUP FOUR

MILK AND MILK PRODUCTS . . .



fluid, evaporated,
dried milk, or cheese

This group includes these foods:

Fresh Milk
Buttermilk
Evaporated Milk
(1 cup = 1 cup fresh
milk)

Ice Cream
(1 generous serving
= $\frac{1}{2}$ cup of fresh
milk)

American Cheddar Cheese
($\frac{1}{8}$ lb. = approximate-
ly 1 pint milk)

NUTRITION GROUP FIVE

MEAT, POULTRY, FISH, OR EGGS . . .



or dried beans, peas,
nuts, or peanut butter

This group includes these foods:

MEAT (all cuts)

Beef
Lamb

Pork
Veal

Luncheon
Meats

†Meat, poultry or fish may be fresh, canned, salted or
smoked

GLANDULAR AND OTHER MEATS

Brains	Oxtails	Sweet Breads
Heart	Pig's Feet	Tongue
Kidney	Scrapple	Tripe
Livers	Spleen	

POULTRY

Chicken, broiler, fryer, roaster,	pullet, and fowl Duck Goose	Guinea Fowls Pigeons or Squabs Turkey
--	--------------------------------------	--

FISH

Clams	Herring	Sardine
Codfish (salt)	Lobster	Shrimp
Crabs	Mackerel (salt)	Tunafish
Frog Legs	Oyster	Turtle
Haddock	Perch	(and all
Halibut	Salmon	other fish)

EGGS

Because in every respect, eggs are the nutritive equivalent of meat, they may be used any time in place of meat.

MEAT EQUIVALENTS

(if used with milk or cheese)	Lima Navy Pinto (and others)	Lentils Nuts Peanut butter Soybeans
Dried Beans Kidney	Dried Peas	

NUTRITION GROUP SIX

BREAD, FLOUR, AND CEREALS . . .



natural whole grain —
or enriched or restored

this group includes these foods

BREADS

Bran	Oatmeal	Rye
"Enriched" white	Pumpernickel	Whole wheat

CEREALS (Whole Grain or Enriched)

COOKED

Cornmeal
Farina
Hominy grits
Rice
Rolled Oats

READY TO EAT

Bran
Corn flakes
Rice flakes
Shredded
wheat
Wheat cakes,
etc.

PASTES

Macaroni, Spaghetti
Noodles

CRACKERS

Cakes, Muffins

NUTRITION GROUP SEVEN

BUTTER AND FORTIFIED MARGARINE



(with added Vitamin A)

This group includes these foods:

Butter

Margarine fortified with
vitamin A

●

IN ADDITION TO THE BASIC 7 . . .
EAT ANY OTHER FOODS YOU WANT

●

MISCELLANEOUS "ALTERNATES"

Alternates for Sugar

In baking muffins, cakes, or cookies, use the same amount of corn syrup as you would sugar, but reduce the liquid content of your recipe one-fourth or one-third.

For beverages and desserts, use twice as much corn syrup as you would sugar, and again reduce your liquids by one-fourth or one-third.

Alternates for Olive Oil

As an alternate for olive oil, you can use corn oil, cottonseed oil, soybean oil, or peanut oil in your cooking, baking, and salads.

* * *

(Ask your Home Volunteer Consultant for additional information about alternates that may be available locally.)

THE "BASIC SEVEN" IN DIFFERENT FORMS

You are not limited to using the required foods in any special form. All foods in each of the Basic Seven food groups can be served in different ways or in combination with other foods.

Group One — Green and Yellow Vegetables . . .

These may be served as juice; in salads, and soups, or may be served raw or cooked in various ways.

Group Two — Oranges, Tomatoes, Grapefruit . . .

These may be served as juice, in sauces for meat, fish, baked goods, puddings; in salads, and may be served raw or cooked in various ways.

Group Three — Potatoes and Other Vegetables and Fruits . . .

These may be served as juice, in salads, soups, baked goods, puddings and other desserts or may be served raw or cooked in various ways.

Group Four — Milk and Milk Products . . .

The required quantity of milk doesn't have to be taken as a beverage. It also can be served in cream soups, creamed vegetables, gravies, puddings, ice cream, or cheese.

Group Five — Meat, Poultry, Fish, or Eggs . . .

Meat, poultry and fish may be cooked in various ways and served as a main dish for any meal. They also may be served in combination with other foods, such as ravioli, spaghetti, cereals, etc., and may be included in salads. They may be made into croquettes, hash, loaves, stews, etc.

Eggs may be included in beverages, in soups, salads, baked goods, puddings, vegetable cookery, ice cream, or cooked in various ways such as boiled, coddled, omelette, poached, scrambled, soufflé, etc.

Group Six — Bread, Flour, and Cereals . . .

Cereals and bread may be served in puddings, soups, dressings, meat-loaves, and other meat extenders. Cereals in combination with other ingredients make excellent cakes, cookies and confections.

Group Seven — Butter and Fortified Margarine . . .

Usually served at every meal, may also be included in soups, baked goods, puddings, etc.

* * *

(Any good cookbook gives recipes for preparing and using these foods in the various ways mentioned. Ask your Home Volunteer Consultant for additional information.)

"REGULAR" MEALS FOR THE WHOLE FAMILY

In what 'form' and in which meals you get the 'Basic Seven' is a matter of your own family's particular needs and tastes. You don't have to have bigger meals than you're accustomed to — nor worry if some of your family are 'light eaters.' Both heavy and light meals have 'room' for all the required foods which every member of the family should have — in some form every day.

To guide you in planning meals of the 'size' to suit your family's needs — here's a useful 'table':

Breakfast: (Light or heavy depending on habits and activity of individual members of family).

A light breakfast consists of fruit, breadstuff, and beverage.

A moderate breakfast consists of fruit, cereal or egg, breadstuff, and beverage.

A moderately heavy breakfast consists of fruit, cereal, hot dish, breadstuff, and beverage.

Luncheon or Supper: (If dinner is served at noon, supper should consist of simple easily digested foods, but should contain enough staying and nourishing foods to round out the day's food supply.)

A light luncheon consists of soup, salad, dessert, and beverage.

A moderate luncheon consists of a hot dish with vegetable, salad, dessert, and beverage.

A moderately heavy luncheon consists of soup, main dish with vegetables, salad, dessert, and beverage.

A heavy luncheon consists of an appetizer, soup, main course, salad, dessert, and beverage.

Dinner: (Essentially the social meal and the meat meal of the day. Simple dinner menus are recommended rather than elaborate meals, and dinner may be made a relatively light or heavy meal.)

A light dinner consists of meat course, vegetable and, or salad, dessert and beverage.

A moderate dinner consists of soup, meat course, vegetable and, or salad, dessert and beverage.

A moderately heavy dinner consists of soup, relish, meat course, salad, dessert, and beverage.

A heavy dinner consists of appetizer, soup, entree, meat course, salad, dessert, beverage, and after-dinner dainties.



“SPECIAL” MEALS FOR SPECIAL NEEDS

Children: Remember that proper diet for your child will mean a healthy and strong adult. A suitable diet makes for healthy, happy children. At the age of two, they should usually be put on a three meal a day basis, but will need a simple midmorning and mid-afternoon lunch to avoid hunger and fatigue. This lunch should consist of milk with a little bread or crisp crackers. The meals suitable for children over five years of age are no different from those for adults, except that dinners are served at noon, suppers are lighter, and milk is the main beverage.

Pregnancy: Nutritive needs during pregnancy are somewhat different in the earlier and later stages. They are best met by a simple, wholesome diet, the basis of which is those foods included in the Government Food Rules. During pregnancy, it is best to follow your physician's advice.

Old Age: The amount of food eaten by elderly persons is considerably below that eaten in middle age. Foods must be selected, and the diet varied to meet the condition of the teeth and other physical disturbances. The diet best adapted to the digestive tract and needs of the aged is essentially the same as that for children.

Convalescence: Diets for convalescents are intended for minor illnesses and convalescent patients who are not yet able to take the regular diet. They must be appetizing and readily digested, and must consist of the essential foods, plainly and simply cooked. Your physician will advise you as to your specific needs.

MEALS "CARRIED" OR "EATEN OUT"

Few households today have all members of their family home for all three meals. As a homemaker you have the job of seeing to it that the meals that are "carried" or "eaten out" plus the meals eaten at home supply the "Basic Seven."

For Example, These Meals:



**BREAKFAST
AT HOME**



**LUNCH
ON-THE-JOB**



**DINNER
AT HOME**

Should Supply The "Basic Seven"

Lunch Boxes . . . Their Planning and Preparation

Here are a few practical hints that will make it easy for you to give your workers nutritionally balanced lunch-box meals:

Establish a system for quickly and easily "getting together" the lunch box.

Invest in a few items of "packable" equipment. Reserve a corner of your cupboard for keeping this equipment — thermos bottle, paper containers with lids, paper cups, forks, spoons, and napkins, waxed paper and ready-made sandwich envelopes, small salt and pepper shakers. (Remember to rinse out the thermos bottle each time after using. A solution of warm soda water will kill leftover odors and tastes — then let it stand uncorked until it's used next time. Wash out the lunch box, too, inside and out — and let it air before packing it again.)

Reserve a corner in your refrigerator, too, for "special" lunch-box foods and others you prepare ahead. Having everything in one place saves "chasing around" at the last minute.

Plan ahead to take advantage of leftovers.

Leftover roast makes good, economical lunch-box fare — either sliced cold or chopped and mixed with salad dressing for sandwiches. So do baked beans and some vegetables, which can be packed cold in covered containers.

Use variety for appetite-appeal.

Try to combine foods of different colors, textures, and flavors. Use different kinds of breads — whole wheat, steamed brown bread, nut, raisin or graham bread, and pumper-nickle break the monotony of white and rye. (When you use white, make sure it's "enriched.")

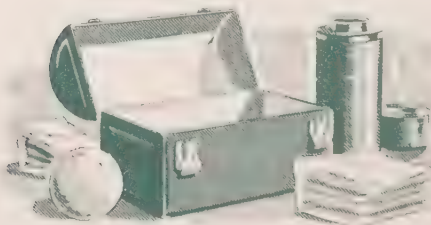
Also get some of the "Basic Seven" in appetizing, crisp relishes and garnishes like raw carrots and celery; in fresh fruits (in season) or stewed or canned fruits (which can be packed in paper-covered containers or small glass jars); in eggs, hard cooked or deviled, or chopped and mixed with various dressings or fillings for sandwiches or salads; or use the thermos bottle occasionally for hot, creamed soups; or add a dessert of chocolate pudding or custard made with milk.

Be sure that sandwich fillings are moist. Spread breads with softened (but not melted) butter or fortified margarine.

Pack foods for best "keeping" and for convenience in eating on-the-job.

Foods individually wrapped or packed are easier and more sanitary to handle — especially when lunches have to be eaten in "installments." Wrap each sandwich in waxed paper or in ready-made glassine envelopes. Pack different soft foods in separate paper or glass containers with tight lids (use unwaxed paper containers for hot foods, waxed for cold). Wash all fresh fruits, wrap in waxed paper and pack so they won't be crushed by heavier foods.

You can obtain a number of recipes for easy-to-fix nutritious foods — salads, sandwich fillings, desserts — especially designed for lunch boxes from your Home Volunteer Consultant or local Nutrition Committee. Local nutritionists and home advisors can also help you to solve special problems of preparing nutritionally balanced meals for workers on odd hour or night shifts.



HOW TO USE THE HOME VOLUNTEER MEAL PLANNER BLANK SHOPPING LIST

After your menus have been completed for the week and your Meal Planner Blank is filled in you are ready to make use of the Shopping List. Open your copy to the side with the heading "YOUR SHOPPING LIST FOR THIS WEEK'S NEEDS." It looks like this:

[illegible]

Notice that five columns are provided for writing in the total "Amount" of each food needed, the name of the Item, the "Weight", the "Total Points" of the item if the food is rationed under that plan and the "Cost" of the food.

Here's the procedure for using this Shopping List:

- A. List in the second column the "Items" needed.
- B. Combine quantities needed of identical foods and list the total quantity needed in the "Amount" column.
- C. If you must use a point rationed food, determine the weight needed. Write in "Weight" column. Check net weights to make sure you obtain full value for points spent. Familiarize yourself with net weights of standard containers.
- D. Write in correct "point" value total in the "Total Points" column for each food so rationed. (See current Official Tables of Point Values.)
- E. Check final list for totals of each rationed food group processed foods, meats, etc. to avoid exceeding your weekly budgeted allowances.
- F. When shopping, compare prices and take advantage of best buys. Fill in the prices you pay in the "Cost" column.

HOW TO USE THE HOME VOLUNTEER MEAL PLANNER BLANK TO BUDGET YOUR "POINTS"

The total number of "points" allowed for point rationed foods must be budgeted as carefully as cash is budgeted. The fixed number of points for each period must be "spread" over the entire period.

The Home Volunteer Meal Planner Blank also makes provision for simplifying this problem. On the back is a section for this purpose. It looks like this:

POINT BUDGET FOR		to		
First Week				
Second Week				
Third Week				
Fourth Week				
Fifth Week				

Note that spaces are indicated for First, Second, Third, and Fourth Weeks, plus an extra space for Fifth Week, if needed. Columns are headed "Processed Foods" and "Meat, etc." These are for recording your budgeted number of blue and red stamp "points" for each week.

Two additional extra columns are provided for special point allowances for illness, furlough of family members of the Armed Forces, new rationed groups of foods, etc.

For a simple illustration of how to use this form, assume your household consists of three members, each holding a point ration book and that the ration period under consideration is for four weeks; also that the total "Processed Foods" allowance for the period is 48 points per person in blue stamps. Here's how you should budget these points:

A. Figure the total number of points for your family.

In this example, you multiply the 48 points per person by the three members of the family, giving you a total of 144 points ($48 \times 3 = 144$). Write the figure "144" in the last space at the

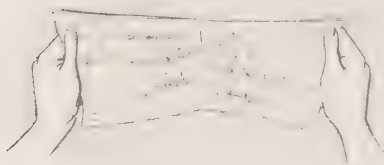
end of the line reading "Total" at the bottom of the "Processed Foods" column.

- B. Determine how many points you can spend for each week during the ration period.

To do this, divide your total number of points by the number of weeks. In this example you divide the 144 points by four weeks. This gives you a figure of 36 points per week ($144 \div 4 = 36$). Write the figure "36" in each of the spaces for First, Second, Third, and Fourth Week in the "Processed Foods" column.

- C. If you must "spend" more points in any one week than you have budgeted, reduce accordingly the available number of points for the remaining weeks.

In this example, if you find it absolutely necessary that you "spend" 48 points during the First Week which is 12 more than you budgeted, then you must deduct them from the remaining weeks, otherwise you'll run short.



How To Get Along on Your Ration

Make sure that you are using as many nonrationed foods as possible. Reduce the list of rationed foods you will need to the smallest number possible. If your list requires more points than you have in your weekly budget, substitute low point items for high point ones.

If you do not buy too many foods with a high point value, you should get enough canned, bottled, or other processed fruits and vegetables for each member of your family each week. That may not be as much as you ordinarily use, but there are plenty of other foods that will provide a healthful diet.

Use more fresh fruits and vegetables and dried vegetables. Many fresh vegetables may be cooked almost as quickly as you can open and heat up canned vegetables. Use fresh grapefruit, oranges, and apples instead of canned fruits and fruit juices.

Getting Along on Your Ration — (Continued)

Stew your own fruits. Make your own applesauce and stew or bake other fruits that you don't want to eat raw.

Make your own soups. Try out some of the interesting new recipes. You'll be surprised how easy it is to make your own soups.

Eat more cereals. There is an abundance of cereals and, as you know, they are mighty economical. They are nourishing and delicious — what's more, when mixed with vegetables, fruits, meat, eggs, etc., cereals can be used to stretch your rations. Try some of these flavorsome combinations.

Preserve your own fruits and vegetables. Almost anyone can put up fruit. You can also put up vegetables if you arrange to use, share, or borrow a pressure cooker.

Grow your own. Start a Home Victory Garden, if you can — or join in a Community Victory Garden.

And last, but not least, **don't waste food.**

Questions and Answers on Rationing Regulations

Q. May I exchange rationed processed foods with other consumers?

A. Yes, you may exchange, lend, or borrow the rationed products without using point stamps. But the regulations say that when you exchange, it must be for foods of equal point value.

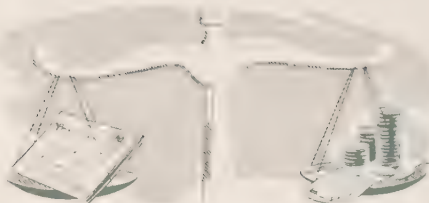
Q. My son is in the armed forces and has no Ration Book. What happens when he comes home on furlough?

A. If he is on furlough for 7 days or longer, he presents his leave papers to your local War Price and Rationing Board. The board will issue a Point Certificate, allowing enough points to cover his leave period. This point certificate will be accepted by your grocer instead of point stamps. All the points in the certificate must be used at one time; you cannot get "change" in stamps.

Q. Suppose someone in the family is ill and must have more than the normal allowance of processed foods?

A. Apply to the local Rationing Board for a Point Certificate. The board will give you a form to fill out, stating why you need added rations; the form requires a doctor's certificate, stating how much processed food you must have.

If you wish additional help and information on point rationing, see your Home Volunteer Consultant, your local Nutrition Committee, or your War Price and Rationing Board.)



HOW TO BUY WISELY

Now that you have learned how to use the Home Volunteer Shopping List and Point Budgeting Section a few hints on wise buying are included here to guide you in getting the "best buys" for your money.

As a good home manager, you're in the habit of 'watching pennies.' You also know that buying the cheapest in any item isn't always the best buy. But —

Do you recognize the "Marks of Quality" in different kinds of food?

Do you buy by weight and grade?

Do you compare costs per ounce?

Do you read the labels on food packages and shop around?

If you don't — you may be only "penny wise" and "pound foolish."

JUDGING QUALITY IN FOODS

Eggs and Poultry

Buy refrigerated eggs whenever possible, unless you can get them "fresh from the hen." A few hours in a warm store will start decomposition. Refrigeration protects the flavor and nutritive value of the eggs.

Don't judge an egg by the color of its shell. Brown eggs and white eggs are equally good, flavorful, and nutritious.

Eggs absorb foreign odors and flavors. Don't buy them from a dealer who stacks them near onions or other odorous foods.

Learn to buy eggs by weight and grade. Use the better grades for boiling, frying, and poaching. Use the lower grades for sauces and baking.

In selecting poultry, look for smooth, moist, unbroken skin; smooth legs, with small spurs; pliable breastbone, and even distribution of fat under skin or breast.

Fruits and Vegetables

Select normal-sized fruits and vegetables. Oversized produce is often weak in flavor, or fibrous.

Distinguish between blemishes which affect appearance or eating quality. Many surface specks may be removed without impairing quality.

Inspect cut-price produce for evidence of decay. It won't save you money if there's a lot of waste.

Young vegetables are usually more tender and desirable than older ones. For cooking, however, mature vegetables can be made as tasty as the younger.

Buy fruit according to the way it will be used. Oranges for juice need not be as perfect as those selected for eating in slices, or for salads and desserts. Juice oranges are usually cheaper. Medium-sized fruit is usually best flavored.

Look for Irish potatoes that are firm, shallow-eyed, smooth, and clean.

Buy Lima beans that are dark green, with well filled pods.

Peas should be plump, not too round; bright green, not dull gray, nor yellow. Pods should be sappy when bruised with the fingernail.

If lettuce is discolored at the end of the outer leaves, it is likely to be affected throughout.

Grades In Meats

The lean of all meat has about the same nutritive value. But there is much difference in the tenderness and flavor of various grades of meat, as indicated by the Government AMS (Agricultural Marketing Service) grade marks. In comparing meat costs, it's the number of servings per pound, not the price per pound, that counts. If a cut of meat has a lot of bone, gristle, or fat that you cannot serve, it may not be as good a buy as a more expensive cut that is "all meat."

The following marks are used by Government experts in grading beef, lamb, mutton, and veal:

U.S. PRIME AMS	"PRIME" — the finest meat you can buy. Probably less than 1% of all the meat produced can meet the requirements for this grade.
U.S. CHOICE AMS	"CHOICE" — the highest grade generally found in butcher shops. It is widely used by families who want high quality.
U.S. GOOD AMS	"GOOD" — the best quality for a moderate price. This grade is well adapted to the needs of most families.
U.S. COMMCL AMS	"COMMERCIAL" — leaner and lower-priced. This grade is not so satisfactory for broiling and oven roasting as the higher grades, but it is suitable for pot roasting and stewing.
U.S. UTILITY AMS	"UTILITY" — the lowest grade. It has very little fat and is recommended only for pot roasts, stews, and other economical dishes.

Government graders use a different set of marks in grading pork as "No. 1," "No. 2," or "No. 3."

"No. 1" — is about the same as "Good" in beef.

"No. 2" — corresponds roughly with "Commercial."

"No. 3" — is similar to "Utility."

All meat is not Government-graded. It is graded only when the meat packer asks the Government to perform this service.

If you buy ungraded meat, it will pay you to learn how to recognize the best quality in meats.

Ungraded Meats

Here are the signs by which you tell whether you are getting the most in flavor and tenderness:

BEEF should have a large proportion of meat, and a small proportion of bone. Lean should be firm and velvety in appearance, and fine in grain. Fat should be creamy and brittle. Generous streaking of fat in the lean is a sign of quality.

PORK, too, should have a large proportion of meat, and a small proportion of bone. Lean should be firm and fine-grained, well streaked with fat, and light grayish pink in color. Fat should be white and firm, covering most of the exterior of the carcass.

LAMB and **MUTTON** — Lamb flesh should be firm, fine-grained, tender, and dull pink in color, changing to dull red in mature mutton. Fat of young lamb should be firm and creamy white or pink, and should give the meat which shows through a bluish cast. Mutton fat should be more brittle and white in color. A smooth covering of fat is a mark of quality.

VEAL should be light grayish pink in color, and fine in grain. It should have very little fat.

Thrifter Meat Cuts

Cheaper cuts of meat have essentially the same food value as higher-priced cuts.

Here's a handy guide to low-cost meats, prepared by the Consumers' Council Division of the United States Department of Agriculture:

BEEF — Shank bone (soup, stew). Plate, fresh or corned (stew, boiling meat). Brisket, fresh or corned (boiling meat, stew). Fore shank (soup, stew). Neck (stew, mincemeat, meat loaf).

PORK — Hind feet (boiled, pickled). Spareribs (baked, boiled). Neck bones (cooked like spareribs). Jowl butts (sliced, fried, seasoning for vegetables). Forefeet (boiled, pickled).

LAMB — Neck (stew). Shank (soup, stew, ground meat patties). Breast (fricassee). Foreshank (soup, fricassee, ground meat).

Fresh Fish

It is often more trouble — but less expensive — to buy whole fish and clean them at home. Remember, though, that the head, tail, and bones of a whole fish may make up nearly half its entire weight.

Look for firm red gills, and clear, moist eyes. Avoid fish with dull, dry scales.

Because fresh fish is so highly perishable, it should be purchased as close as possible to the time it will be eaten.

Prices on certain types of fish are lowest when those fish are in season, or when the catches of those fish are unusually heavy. Watch your newspapers, and listen to the radio market broadcasts for tips on timely fish bargains.

Choosing Canned Goods

Since point rationing limits your purchases of canned goods, it's a good idea to make sure you're getting the most value for what your ration allows. These guides should help you:

Whether they're in glass or tin, canned goods should be bought on the basis of weight and grade.

Compare prices and weights to determine which container gives you the most per dollar and point.

If your ration permits, it's smart to buy the largest size container that you can use without waste. For instance, a No. 10 can of tomatoes holds about four times as much as a No. 2 ½ can, yet it costs barely twice as much.

Learn to understand the Government grade markings on cans ("A," "B," "C," etc.). They indicate that the contents measure up to quality standards of the United States Department of Agriculture.

Grade "A" (Fancy) gives you the finest fruits and vegetables, carefully selected for size, color, ripeness, etc. Grade "A" vegetables are the most tender and succulent produced.

Grade "B" (Choice) products are of excellent quality, though not so uniform in color, size, and ripeness as Grade "A." Grade "B" vegetables are not quite so tender as those of Grade "A."

Grade "C" (Standard) fruits and vegetables are of good quality but are not so uniform in color, size and ripeness as Grade "B." Grade "C" fruits may not be so highly colored or so carefully selected as to size and shape, and may vary in ripeness.

The basic nutritive values of all three grades is about the same. In fact, Grade "C" vegetables in some cases may have more food value than either Grade "A" or Grade "B" because they are usually more fully mature than the higher grades.



CHARTING YOUR COURSE FOR AN "ALL-OUT" HOME FRONT CAMPAIGN

Now that you have completed reading this booklet, ask yourself these questions:

Do you know how to plan "home" meals according to the "Basic Seven?"

Can you plan lunch boxes for the war-working members of your family?

Do you know how to balance a full day's meals if some are eaten home and one or more "eaten out"?

Do you know how to use foods of equal nutritive value in place of those that may be difficult to obtain?

Do you know how to provide variety from meal to meal and from day to day?

Do you know how to make up easily a week's shopping list?

Do you know what to look for when buying fruits, vegetables, meats, etc?

Can you budget your family's "point" ration allowance?

Do you know how to get along nutritionally on your ration?

If you can answer "yes" to these questions, then you have charted your course for an "all-out" campaign for better nutrition.

You are a homemaker who has enlisted as a Home Volunteer in the fight for Victory and a healthier America.

89-19-13



Servel, Inc., peacetime manufacturer of the Servel Gas Refrigerator, gratefully acknowledges the assistance and guidance given by the Office of Defense Health and Welfare Services, Paul V. McNutt, Director, Washington, D.C., in the development of this booklet and other Home Volunteer and Nutrition in Industry Program materials. In most communities throughout the country, these programs are sponsored by local gas utility companies with the helpful co-operation of local, approved Nutrition Committees.

* * *

This booklet was reviewed for technical correctness by Servel's Nutrition Advisor, Miss J. Ernestine Becker, B.S., M.A., Associate in Biochemistry, School of Hygiene and Public Health, Johns Hopkins University, Baltimore, Md.



Betty Crocker "Menu and Shopping Guide" for Point Rationing

Dear Homemaker:

Rationing makes it more important than ever to plan meals in advance to safeguard your family's nutrition. Include food from the seven basic groups each day. Learn to substitute unrationed foods of similar food value for those that are less available.

Let this little pad make your meal planning and shopping easier. On inside cover, jot down point values of foods you buy most often. Use as a guide in planning your meals.

Check what you need on the shopping list. Fill in ration points required and add up total points. Then tear out shopping list and take it with you to the store - it will save time for you and your grocer.

Betty Crocker

GUIDE FOR FIGURING POINTS

RATIONED FOOD	USUAL SIZE AND WEIGHT	FIND POINT VALUE IN OFFICIAL TABLE	MEAT CUT	WT. PER SERV.	AMT. I NEED
Canned Vegetables and Fruits	1 lb. (No. 1 Tall)	Col. 5	Round steak	¼ lb.	
	2 cups		Chops (pork and lamb)	⅓ lb.	
	1 lb. (No. 303)	Col. 5	Ground meat (extended)	⅙ lb.	
	2 cups		Roasts—bone in	⅓ lb.	
	1 lb. 4 oz. (No. 2)	Col. 6	Roasts—boneless	¼ lb.	
Frozen Vegetables	2½ cups		Spare ribs	¾ lb.	
	1 lb. 12 oz. (No. 2½)	Col. 8	Short ribs	½ lb.	
	3½ cups		Dried beef	⅛ lb.	
	12 oz.	Col. 4	T-bone and Porter-house steaks	½ lb.	
	10 to 16 oz.	Col. 4 & 5	Meat birds (stuffing)	⅓ lb.	
Canned Soups	10½ oz. (1⅓ cups)	Col. 4	Sausage	⅙ lb.	
	11 oz. (1⅓ cups)	Col. 4	Pot roast	⅓ lb.	
	16 oz. (2 cups)	Col. 5	Stew meat (boneless)	⅙ lb.	
			Variety meats	¼ lb.	
Catsup & Chili Sauce	7 to 14 oz.	Col. 3 & 4	Bacon	⅛ lb.	

Using Government Table of Point Values and above GUIDE FOR FIGURING POINTS, fill in table below with rationed foods you most often buy, size or weight, and point values. Keep this up-to-date for convenience in making out shopping lists.

RATIONED FOOD	Size or Wt. I Buy	Points Required	RATIONED FOOD	Size or Wt. I Buy	Points Required	RATIONED FOOD	Size or Wt. I Buy	Points Required
FRUITS, FRUIT JUICES— Canned, Dried, Frozen			VEGETABLES— Continued			MEATS— Continued		
						FATS, OILS, CHEESE		
			SOUPS			MISCELLANEOUS		
VEGETABLES Canned, Dried, Frozen			MEATS					

SEVEN BASIC FOODS

Recommended by the Government—Eat Some Food From Each Group Every Day

GROUP 1 - GREEN AND YELLOW VEGETABLES. Some raw - some cooked, frozen or canned.

GROUP 2 - ORANGES, TOMATOES, GRAPEFRUIT. Or raw cabbage or salad greens.

GROUP 3—POTATOES AND OTHER VEGETABLES AND FRUITS. Raw, dried, cooked, frozen or canned.

GROUP 4—MILK AND MILK PRODUCTS. Fluid, evaporated, dried milk or cheese.

GROUP 5 - MEAT, POULTRY, FISH OR EGGS. Or dried beans, peas, nuts or peanut butter.

GROUP 6 — BREAD, FLOUR, AND CEREALS. Natural whole grain — or enriched or restored.

GROUP 7 — BUTTER AND FORTIFIED MARGARINE (Vitamin A added).

In addition eat any other foods you want. To insure well-balanced, delicious meals—plan at least three days at a time.

Check your food needs, and points required, on shopping list on next page. (Use back of this page to jot down any leftovers so you can include them in the next day's meals.)

SHOPPING LIST: CHECK (\) YOUR NEEDS AND FILL IN POINTS REQUIRED. TEAR OFF AND TAKE TO STORE WITH YOU

STAPLES	PTS.	FRUITS, Fresh, Frozen, Canned & Dried	PTS.	MEATS, FISH, POULTRY	PTS.
Baking powder		Apples		Bacon	
BISQUICK		Apricots		Beef	
Cake Flour —		Bananas		Fish	
SOFTASILK		Blueberries		Frankfurters	
Catsup		Cherries		Ham	
Chili Sauce		Cranberries		Lamb	
Cleansing powder		Dates		Pork	
Chocolate		Figs		Poultry	
Cocoa		Grapes		Sausage	
Coffee		Grapefruit		Veal	
Cornmeal		Lemons			
Cornstarch		Oranges			
Cream of tartar		Peaches			
Crackers		Pears			
Flavorings		Pineapple			
Flour —		Prunes			
GOLD MEDAL		Raisins			
Gelatin (plain or flavored)		Raspberries			
Honey		Strawberries			
Macaroni				DAIRY PRODUCTS AND FATS	
Molasses				Buttermilk	
Noodles				Cheese	
Nuts				Cream	
Peanut butter				Eggs	
Pepper				Milk	
Pickles		VEGETABLES, Fresh, Frozen, Canned & Dried		Butter	
Rice		Asparagus		Lard	
Salad dressing		Beans, green & wax		Margarine	
Salt		Beans, lima		Salad Oil	
Soda		Beans, navy		Vegetable shortening	
Soap		Beets			
Soup		Cabbage		BAKED FOODS	
Spaghetti		Carrots		Bread	
Spices		Celery		Cake	
Sugar, granulated		Corn		Coffee Cake	
Sugar, brown		Green pepper		Cookies	
Sugar, confectioners'		Lettuce		Doughnuts	
Syrup		Mushrooms		Pastries	
Tapioca		Onions		Rolls	
Tea		Parsley			
Vinegar		Peas			
Yeast		Potatoes		MISCELLANEOUS	
CEREALS —		Spinach			
CHEERIOATS		Tomatoes			
Cooked breakfast cereal					
KIX					
WHEATIES					

THE JOHN HANCOCK HOME BUDGET

TASTES of individuals and of families differ; their needs do not always correspond; families are not all the same size, nor is every household founded on similar standards of living.

The Budget compilation in the center of this page, is, therefore, not arbitrary, but is based on the experience of American families (man, wife and two children)—as determined by a thorough study and by figures gleaned from the surveys of various experts in different parts of the country.

Your own needs may be at variance with the figures in this table. Perhaps your mode of living will add to or subtract from some of the columns. We believe however, that you will find it of distinct value as a basis to work from in beginning your

household budget. It will serve as a guide until, in the light of your experience, you can decide on the proper apportionment of income to fit your individual or family needs.

TWO MOST IMPORTANT QUESTIONS

How much shall I save? What proportion of my income should I lay aside for life insurance?

These two questions are most important ones to be answered by the budgeteer.

An accurate account of expenses, kept for even one month, will bring you nearer the correct solution.

Your life insurance man is prepared to advise you on any problems which may arise in your Thrift program. Do not hesitate to call on him for aid in keeping your budget.

BUDGET TABLE

THRIFT				LIVING COSTS				
Yearly Income	Life Insurance	Amt. of Ins. at \$30 per \$1000	Other Savings	Food	Rent	Clothes	Operating Expense	Advancement
\$1,500	\$ 90	\$3,000	\$ 40	\$ 485	\$ 360	\$ 185	\$ 245	\$ 95
2,000	150	5,000	50	585	440	270	335	120
2,500	240	8,000	100	650	480	300	435	245
3,000	300	10,000	125	715	600	390	605	265
4,000	450	15,000	200	875	750	600	725	400
5,000	600	20,000	300	945	800	780	900	675
7,500	900	30,000	500	1350	1150	1000	1300	1300
10,000	1250	40,000	1250	1400	1200	1200	1800	1900

EXPLANATION OF HEADINGS

Life Insurance and Savings. Investments, Savings, Life Insurance, Mortgage Payments. (Principal only.)

Food. Groceries, Meat and Fish, Man's Lunches.

Operating Expenses. Servant's Wages, Telephone, Laundry, Fuel and Ice, Light, Household Equipment, Fire Insurance, Incidentals, Carfare, Accident and Health Insurance.

Rent. Rent, Taxes, Interest on Mortgages, Repairs and Upkeep.

Clothes. Anything to wear.

Advancement. Tuition, Books and Magazines, Vacations, Music, Travel, Social Clubs, Amusements, Charity, Lectures, Doctor Bills, Medicine, Gifts, Automobile, Loans.

> THRIFT <

> NECESSITY <

RECEIPTS					SAVINGS & LIFE INS.				FOOD				RENT				CLOTHES					
DAY	SALARY				LIFE INSURANCE	MORTGAGE PAYMENTS	SAVINGS		GROCERIES	MEAT & FISH	LUNCHES		RENT	TAXES	INTEREST ON MORTGAGES	REPAIRS & UPKEEP		MAN'S CLOTHES	WIFE'S CLOTHES	CHILDREN'S CLOTHES		
1	12/05				6.89	12.50			42.													
2																						
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31																						
\$ TOTALS																						
CLASS TOTAL \$					CLASS TOTAL \$				CLASS TOTAL \$				CLASS TOTAL \$				CLASS TOTAL \$					
BUDGET \$					BUDGET \$				BUDGET \$				BUDGET \$				BUDGET \$					
MONTH \$									CASH ON HAND \$								TOTAL RECEIPTS \$					

→ BETTERMENT←

OPERATING EXPENSE										ADVANCEMENT											
	SERVANT'S WAGES	FUEL, ICE & LIGHT	TELEPHONE & LAUNDRY	HOUSEHOLD EQUIPMENT	CARFARE	INCIDENTALS	FIRE & BURG. INS.	ACCIDENT & HEALTH INS.		CHARITY & CHURCH	TUITION	BOOKS, MUSIC ETC.	VACATION & TRAVEL	SOCIAL CLUB	AMUSEMENT	AUTOMOBILE	MEDICAL & DENTAL	GIFTS	LOANS		TOTAL DAY'S EXPENSE
1																					
2																					
3																					
4																					
5																					
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7																					
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BUDGET \$										BUDGET \$											
EXPENDITURES \$										BALANCE FORWARDED \$											

HOW TO START YOUR HOME BUDGET

There are certain fixed expenses in every home which can be controlled. Others it is possible to estimate. These should be listed and apportioned, in short, "Budgeted."

After these charges have been listed as below consult the heading "*Insurance and Savings*" in the Budget table (Page 1). If your total on this item is not up to the average

it would be wise to keep that amount in mind at least as a goal to be reached. In any event an effort can be made to so systemize purchases that more care can be given to the matter.

Your problem eventually will be to live on the balance after subtracting the items "Insurance and Savings" from your total income.

Fixed Charges

Rent	\$ 60.00
Interest on Mortgage	
Tax on House	
Water Taxes	18.00
Service	
Telephone	30.00
Fire and Burglary Insurance	326
Accident and Health Insurance	22.26
Church Dues	
Club Dues	28.90
Magazines and Papers	15.05
Tuition	
Personal Allowances	52.00
Automobile { Insurance	15.00
{ License	
{ Registration	
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Total Fixed Charges	\$ 301.54

Total Income \$ 1144.00

Charges Possible to Estimate

Groceries	\$ 237.2
Ice	
Milk	36.50
Meat and Vegetables	
Lunches	
Clothes and Materials	120.00
Carfare	
Fuel	
Gas and Electricity	54.00
Laundry	
Household Supplies	
Incidentals	
Gifts	50.00
Amusement and Concerts	104.00
Automobile Expense	52.00
Vacation	
Charity	2.00
Total Estimated Charges	\$ 655.15

Life Insurance and Other Savings_____

Balance of Income to be apportioned as above _____

$$\begin{array}{r} 304.57 \\ 655.75 \\ \hline 960.32 \end{array}$$
$$\begin{array}{r} 1144.00 \\ 960.32 \\ \hline 183.68 \end{array}$$

These Budget Sheets may be obtained through the COMPANY or its Agents



John Hancock
MUTUAL
LIFE INSURANCE COMPANY
OF BOSTON, MASSACHUSETTS



Servel, Inc., peacetime manufacturer of the Servel Gas Refrigerator, gratefully acknowledges the assistance and guidance given by the Office of Defense Health and Welfare Services, Washington, D.C., in the development of the Home Volunteer and Nutrition in Industry Programs. In many communities throughout the country, where facilities permit, these programs are sponsored by local gas utility companies with the helpful co-operation of local, approved Nutrition Committees.

All nutrition data was reviewed for technical correctness by Servel's Nutrition Advisor, Miss J. Ernestine Becker, B.S., M.A., Associate in Biochemistry, School of Hygiene and Public Health, Johns Hopkins University, Baltimore, Md.